

# Class Catalog

Winter 2018



**Register Online: [www.biglakece.com](http://www.biglakece.com)**



# Welcome

Big Lake Community Education is dedicated to building a strong community by offering lifelong learning experiences through cultural, educational and recreational opportunities.

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## Staff

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## Services

### Youth & Adult Programming

Classes provide youth and adults with educational and recreational programs to gain new skills and knowledge while building strong connections and empowering the community.

### Adult Basic Education

- ESL (English as a Second Language)
- GED
- Basic Skills

### Adults with Disabilities

Through Opening Doors Network

### Early Childhood Services

- Early Childhood Family Education (ECFE)
- Little Learners Preschool
- Early Childhood Screening

### Childcare Programs

Kids Club – before and after school care  
Hive Time – before and after preschool care

### Facilities Rental

Need gathering space? We have it!

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# Big Lake Schools Presents



## The Addams Family

A NEW MUSICAL COMEDY

Book by **Marshall  
Brickman & Rick Elice**  
Music & Lyrics by  
**Andrew Lippa**

Based on Characters  
Created by  
**Charles Addams**

**April 20, 21, 22**  
**Fri @ 7 pm | Sat @ 2 & 7 pm | Sun @ 2 pm**

**Big Lake HS | \$8 adults | \$5 under 18**

**Tickets Available: at Door, CE Office, or [biglake.feepay.com](http://biglake.feepay.com)**



# Adult | Fitness



## NEW! Country Line Dancing

This is a cardio class like no other! Learn a new line dance each session by country music favorites. This is one of the funnest cardio workouts that'll get your daily steps in with no problem! Learn rhythm, step counts, and country flare! Be sure to wear tennis shoes as this is still a workout! Instructor: Julie Severs

Thu | Jan 11 – Feb 15 | 5:30 – 6:30 PM | 6 sessions  
\$45 | Ind. Elem. Cafeteria | 1020-1

## Pound Fitness | Ages 16+

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements! Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instructor: Julie Severs, GX Instructor, NCCA CPT, Advanced Nutrition

Wed | Jan 10 – Feb 7 | 6:00 – 6:30 PM | 5 Sessions  
\$32 | Ind. Elem. Cafeteria | 1015-1

Wed | Feb 21 – Mar 28 | 6:00 – 6:45 PM | 6 Sessions  
\$42 | Ind. Elem. Cafeteria | 1015-2

## Walking Club

Independence Elementary hallways are open for walkers before and after school on school days only. Stop in the Community Education office now located at Liberty School to purchase your walking button.

Mon – Fri | Now – Apr 30 | 6:30 – 7:45 AM and 4:30 – 9:00 PM | \$10 | Ind. Elem. Hallways | 1002

## Jocks for Life - Basketball

Looking to play some early morning pick-up? Contact l.tschritter@biglakeschools.org for info, then call Community Ed at 763-262-2523 to register. Larry Tschritter will be in contact with you via email each week with information on the game, which gym to meet at (usually the HS), and what day of the week (usually Fri mornings). This is ongoing, so join anytime!

Now – May 25 | 5:15 – 6:30 AM | \$20/school year  
Location Varies | 1003-1

## Kickboxing

Get fit while having fun in this workout while learning some realistic techniques of Tae Kwon Do with circuit training, toning, heavy bag work and cardio all in one! Session 1 will go over basic punches and footwork. Session 2 will add more advanced punches and add kicks. You will need hand wraps and boxing gloves. Instructor: Brandon Stein, Evolution Tae Kwon 321 Cty Rd. 43, Big Lake

### Session 1 (Beginner):

Mon/Wed | Jan 8 – 31 | 7:00 – 8:00 PM | 8 Sessions  
\$35 | Evolution Tae Kwon Do | 1010-1

### Session 2 (Intermediate):

Mon/Wed | Feb 5 – 28 | 7:00 – 8:00 PM | 8 Sessions  
\$35 | Evolution Tae Kwon Do | 1010-2

## Tae Kwon Do

This class will reduce stress and increases self-confidence, flexibility, balance, and overall health. A balance of hard work and discipline, this class develops confident well-balanced individuals. Session 1 will go over basic kicks and hand techniques. Session 2 will build on what you previously learned. Instructor: Brandon Stein, Evolution Tae Kwon Do, 321 County Rd. 43, Big Lake

### Session (Beginner):

Tue/Thu | Jan 4 – 30 | 7:30 – 8:30 PM | 8 Sessions  
\$35 | Evolution Tae Kwon Do | 1008-1

### Session 2 (Intermediate):

Tue/Thu | Feb 1 – 27 | 7:30 – 8:30 PM | 8 Sessions  
\$35 | Evolution Tae Kwon Do | 1008-2

## Kickboxing/Pilates Combo Ages 12+

Grab your mom, friend, etc. or mom's grab your kiddo's and get fit Big Lake! Kickboxing combines strength-based routines with aerobic exercise making it an ideal workout. Landing punches and practicing kicks improves muscle strength and coordination, and can even help you gain better balance. Then, we will end the class with Pilates which is similar to yoga but emphasizes your body's core - the abdomen, obliques, lower back, inner and outer thigh, and so on. Alternate movements are provided throughout for beginners. Bring your yoga mat and water. Instructor: Amy Visci

Tue | Jan 16 – Mar 20 | 6:00 – 7:00 PM | 8 Sessions  
\$40 | Ind. Elem. Cafeteria | 1017-1  
Not meeting: Feb 6, Mar 13

## Oula.One (Yoga)

Connecting movement and breath, dance and yoga. Oula.One is a heart-based, musically-inspired yoga dance fusion class. This 55-minute session is done barefoot on the mat with no jumping or impact, making it accessible to nearly all. Completely choreographed to beautiful music, you will journey through spinal warming and activation, balancing and strengthening, core work, stretching and relaxation. Through breathing, heart opening movements and music, you will feel emotion and stress leave your body, as you become grounded in your sense of self and oneness. Bring a yoga mat and wear comfortable clothes. Purchase 6 or 11 punches. Instructor: Anne Morrow

Sat | Jan 13 – Mar 24 | 9:30 – 10:30 AM | 11 Sessions  
\$45 / 6 Sessions \$28 | Ind. Elem. West Gym | 1013-1

## Water Aerobics

Give your joints a break by exercising them in the water! Water's natural buoyancy lets you stretch and strengthen joints with less impact than land-based exercises. Water-based aerobics also can help with arthritis, osteoporosis and other health ailments. Instructor: Kaycee Taubert

Sat | Jan 6 – Feb 10 | 7:30 – 8:30 AM | 6 Sessions  
\$42 | BL High School Pool | 1012-1



# Have an Opinion?

Join our council!

We are looking for community members interested in helping us improve our Community Education program by joining our advisory council.

The council meets just 6 times per year, Sept - May at 6:30 p.m. at Liberty Elementary School.

Contact Brad Schnitzler at 763-262-7183 or b.schnitzler@biglakeschools.org for more information.

Do you have an idea for a fun new class or a talent you'd like to share? Earn extra spending cash teaching a class for Community Education!

Contact us today with your ideas at ce@biglakeschools.org!



# Adult | Trips

## Great Trains & Grand Canyons | April 2018

Experience the majestic beauty of Sedona, AZ, an upscale resort and artist community set amidst the red-hued rocks of Oak Creek Canyon. Create unforgettable memories at one of the world's most recognizable natural wonders, the Grand Canyon. This awe-inspiring national park welcomes 5 million visitors a year. Learn about the history of this area at Montezuma's Castle National Monument, the old mining town of Jerome, a guided trolley tour of Sedona, and two panoramic train rides. Experience this unique piece of America by bus, train and trolley! Price includes roundtrip airfare from Minneapolis-St. Paul Airport, 8 meals, 5 nights of accommodations, itinerary activities and tour guide.

### Preview Night:

Join professional tour guide, Kelsey, as she describes the highlights of this trip and answers any questions.  
Wed | Dec 6 | 6:00 – 7:00 PM | FREE | Ind. Elem. Community Room | TripInfo

### Trip Travel Details:

Sun-Fri | Apr 8 – 13, 2018 | 5 Nights  
\$2,295 per person/double occupancy | GRAND

## Treasurers of Ireland | October 2018

Pack your bags for this once-in-a-lifetime adventure! Enjoy Dublin, Belfast, Limerick and Killarney in this 10 day trip. You will spend a few days in each city taking in all they have to offer! Activities include touring the City of Dublin and the Old Jameson Whiskey Distillery, a Belfast City and Titanic Tour, visting the Blarney Castle and Woolen Mills, a Medieval Banquet and so much more! Price includes roundtrip airfare from Minneapolis-St. Paul Airport, 12 meals, 8 nights of accommodations, itinerary activities, and tour guide .

### Trip Travel Details:

Tue-Thu | Oct 16 – 25 | 8 Nights  
\$3,595 per person/double occupancy | Ireland



PREMIER  
WORLD DISCOVERY

## Big Lake Schools Community Education presents Great Trains & Grand Canyons featuring 5 nights in Sedona



6 Days **April 8, 2018**

### Highlights

- Two Rail Journeys
  - Grand Canyon Railway
  - Verde Canyon Railroad
- Grand Canyon Nat'l Park
- Oak Creek Canyon
- Black Bart's Steakhouse
- Sedona Trolley Tour
- Chapel of the Holy Cross
- Tlaquepaque & Uptown Sedona
- Montezuma Castle
- Jerome
- Chuckwagon Supper & Show
- Old Town Scottsdale

### Inclusions

- Roundtrip Airfare - MSP
- 5 Nights Accommodations
- Sightseeing per Itinerary
- Admissions per Itinerary
- 8 Meals:
  - 5-Breakfasts & 3-Dinners
- Hotel Transfers
- Professional Tour Director
- Motorcoach Transportation
- Baggage Handling

### Tour Rates

Booking Discount*:	\$2195 pp double
Regular Rate:	\$2295 pp double
Single Supplement:	+\$675

\*See Notes for Booking Discount details



**Booking Discount - Save \$200 per couple!\***

### Contact Information

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www.biglake.ce.eleyo.com (click on the Community Ed Tab)

Booking #109955





**NEW! New Year Reset – Better Nutrition, Better You!**

Did you know that your body make up is 70% from nutrition and 30% activity! Although activity is very important, nutrition is typically where we lack knowledge or will power! Join a 4-week community where we go through the myths about about poor nutrition vs. clean nutrition. Ever curious about soy, gluten, dairy, protein, or even the truth about detoxing and fasting among others... come learn what your body is trying to tell you! Walk away each week with recipes, tips and a plan to make a pivot to a healthier lifestyle EASY. Optional body fat analysis can be done if interested. Instructor: Julie Severs, NCCA, CPT, Advanced Nutrition

Tue | Jan 9 – 30 | 6:00 – 7:00 PM | 4 Sessions | \$35  
BL High School Media Center | 2002-1

**Craft Winemaking 101**

Explore craft winemaking in this hands-on, two-session class. Session 1 focuses on initial winemaking steps – mixing ingredients, while learning about grape varieties and wine quality. Session 2 is five weeks later, where you’ll bottle your wine creation. You’ll take home 2 bottles of your craft wine (1 red, 1 white) in a wine tote bag. Grab a friend or two and register early! Must be 21 years old. All materials are included.

Instructor: Genesis Winemaking, 228 E. Main Street, Anoka, MN 55303

Sat | Jan 27 (2:00 – 3:30 PM) & Mar 3 (3:00 – 5:30 PM) | 2 Sessions | \$49 | Genesis Winemaking | 2033-1

**NEW! Developing an Estate Plan, Wills, Trusts & Long Term Care**

This workshop will focus on the basic tools needed to develop an estate plan including information on wills, trusts, life insurances, annuities, and long term care insurance. The format will consist of a panel of experts that will present information, followed by a Q/A session. Patrick Michaud, Annuity Agent from Horace Mann, Long Term Care Agent from Northwestern Mutual, and Estate Planning Attorney from Kelm Ruester Law.

Tue | Feb 5 | 6:30 – 7:30 PM | 1 Session | \$10  
Ind. Elem. Community Room | 2038-1

**NEW! Put Your Retirement Plan to Work**

This presentation is designed to educate employees about the importance of saving for retirement and enrolling in their employer’s retirement plan. Participants will learn the importance of saving for retirement now, how to save through employer-sponsored retirement plans and other tax-advantaged options for building retirement savings. Instructor: Tim Suchy, AAMS, CRPC Edward Jones

Thu | Mar 1 | 6:30 – 7:30 PM | 1 Session | \$10  
BL High School Media Center | 2032-1



DINNER THEATRE

**NEW! Livin’ La Vida Lutheran: Looney Lifestyle Tips for Livelier Living**

Who are “The Looney Lutherans?” They are a team of professional actresses on tour sharing comedic tips for living a livelier life. Segments include the Menopause Medley, Lutheran Yoga, and Do-it-yourself Beauty Tips. Join these loonie ladies on their journey to a JOYFUL HEART (and you don’t have to be Lutheran to love ‘em!). Grab a friend and join us for a classic “hotdish luncheon” and show for \$25, or just the show for \$20. General seating. Intermission & refreshments available.

**Luncheon & Show - Register by Feb. 20**  
Sat | Mar 3 | 11:30 – 2:30 PM | 1 Session  
\$25 | BL High School Café. & Auditorium | 8000-1

**Show Only - Purchase Ticket Online or at Door**  
Sat | Mar 3 | 1:00 – 2:30 PM | 1 Session | \$20  
BL High School Auditorium | 8000-2

**NEW! Murder at the Winery with Dinner**

To celebrate the release of the special vintage red and white “Organo” wines, the Italian winery Girato Nel Buio is holding a special dinner, tasting and initial bottling. But as the prestigious guests and winery staff start the evening’s festivities, a man is found dead in the Girato Nel Buio cellars - stabbed with a corkscrew! Who killed who? Why? Things and people are not as they seem! Guests will mingle, and enjoy dinner while flexing their sleuthing skills. Each will bottle and take home one (1) bottle of commemorative “Organo” wine. Sign up to be a suspect and we’ll send you your character profile beforehand, or just come as an investigator. Your registration fee of \$59 includes “murderously good” red and white wines, a full dinner from a local award-winning caterer, a classic, plot-twisting “whodunit” murder mystery.

Sat | Feb 3 | 6:00 – 8:00 PM | 1 Session | \$59 | Genesis Winemaking, 228 E. Main Street Anoka | 2034-1





# Adult | Enrichment

### NEW! Basic Knitting

Never picked up a needle before? Intimidated by your tangled yarn? We will be learning to knit the basic way - slowly and at your pace! I will walk you through each step of learning the basics – holding your knitting needles and yarn, knit and purl stitches, and casting on and off. We will start working on a garter-edged potholder as our project. Please bring size 11 knitting needles and 1 skein of size 6 yarn (should say “jumbo or bulky yarn”). Instructor: Pam Whitcomb



Tue | Feb 13 | 6:30 – 9:00 PM | 1 Session | \$30  
Ind. Elem. RM 103 Enter Door J | 2037-1

### Beginner Crochet

Learn a great stress-busting hobby! We will be starting out making nubbie scrubbies, a textured spa cloth. You will learn about yarn weights and hook sizes, pattern abbreviations and how to read a pattern, how to hold the hook and yarn, some simple stitches and have some fun in the process! Please bring a size I9/5.5mm crochet hook and size 4 yarn - 120 yards (like Sugar ‘n Cream cotton yarn). Instructor: Pam Whitcomb

Tue | Jan 16 | 6:30 – 9:00 PM | 1 Session | \$30  
Ind. Elem. RM 103 – Enter Door J | 2035-1

### Driver Improvement Program | Age 55+

Explore changes in laws, learn about the latest vehicle technologies, and learn easy-to-use defensive driving techniques. In addition, this class will explore traffic safety and accident prevention. Complete these courses and you could receive a 10% reduction on your automobile insurance premiums! This class is offered through MN Safety Center and taught by MN Safety Center trainers. To register and pay, contact the MN Safety Center 1-888-234-1294 or mnsafetycenter.org.

#### 4 HR Refresher Class

Mon | Feb 12 | 1:00 – 5:00 PM | 1 Session  
Keller Lake Commons Senior Facility

Tue | Mar 27 | 5:00 – 9:00 PM | 1 Session  
Ind. Elem. Community Room – Enter Door J

### Basic Dog Obedience | Ages 12+

Sit, stay, down and heel will be covered in this class. Additionally, pups will begin learning how to walk nicely on a leash. This class is designed for dogs ages 6 months and older. Monticello Pet Hospital is located at 4134 School Blvd. Note: Basic immunizations from your Veterinarians’ protocol are required Instructor: Cathy Mahr

Thu | Jan 4 – Feb 1 | 7:00 – 8:00 PM | 5 Sessions  
\$75 | Monticello Pet Hospital | 2000-1

Tue | Jan 23 – Feb 20 | 7:00 – 8:00 PM | 5 Sessions  
\$75 | Monticello Pet Hospital | 2000-2

Thu | Feb 8 – Mar 8 | 7:00 – 8:00 PM | 5 Sessions  
\$75 | Monticello Pet Hospital | 2000-3

Tue | Mar 15 – Apr 12 | 7:00 – 8:00 PM | 5 Sessions  
\$75 | Monticello Pet Hospital | 2000-4

### Puppy Kindergarten | Ages 12+

Do you have a new puppy in the family? Teach your puppy basic obedience commands with the guidance of an expert trainer. Your pup will learn how to sit, stay, lay down and more! This class will also include social playtime to help puppies learn appropriate social skills. Dogs aged 9 weeks to 6 months old are welcomed. Note: Basic immunizations from your Veterinarians’ protocol are required. Monticello Pet Hospital is located at 4134 School Blvd. Instructor: Cathy Mahr



Thu | Jan 4 – Feb 1 | 6:00 – 7:00 PM | 5 Sessions  
\$75 | Monticello Pet Hospital | 2001-1

Tue | Jan 23 – Feb 20 | 6:00 – 7:00 PM | 5 Sessions  
\$75 | Monticello Pet Hospital | 2001-2

Thu | Feb 8 – Mar 8 | 6:00 – 7:00 PM | 5 Sessions  
\$75 | Monticello Pet Hospital | 2001-3

Thu | Mar 15 – Apr 12 | 6:00 – 7:00 PM | 5 Sessions  
\$75 | Monticello Pet Hospital | 2001-4

# Adult | Basic Education

Adult Basic Education (ABE) is a free program to help adults age 17 years or older (who are not enrolled in high school) develop basic skills such as reading, writing, math and English. Classes are free and you can set your own pace and schedule!



#### Basic Skills

Adult learners work at their own pace with individual help to acquire or improve their math, reading, grammar and/or writing skills for work, training, college or personal enrichment. Classes are free and you can set your own pace and schedule!



#### GED (General Education Development)

The GED program is available to adults age 17 and older who are not currently enrolled in high school and who do not have a high school diploma. The GED is a high school equivalency program. In our classes you can pre-test and study to pass the state GED test.



#### ESL (English as a Second Language)

Adults learn skills in listening, conversation, reading and writing English. Multi-level and advanced classes available.

### Class Schedule

Now – May 31

**GED/Basic Skills**  
Tuesdays, 6:30-9:00 PM

**Multi-level ESL**  
Tuesdays & Thursdays, 9:00-11:00 AM  
Thursdays, 6:30-9:00 PM

**GED/Basic Skills/ESL**  
Thursdays, 4:00-6:00 PM

(No classes: 12/26-28,  
6:30-9 PM only 2/6 & 3/27-29)

**All classes held in Room 114 at  
Liberty Elementary School.**

#### Childcare

Free childcare is available during daytime classes. Arrange with your ABE instructor at least a day in advance.

#### Volunteering

ABE and ESL programs welcome your help in classrooms and with individual tutoring. Experience is not needed & training is provided. For upcoming trainings, visit: [mnliteracy.org/volunteers/training](http://mnliteracy.org/volunteers/training)

#### West ABE

Big Lake’s ABE program is part of West ABE, which offers programming throughout the west metro area. **Learn more about West ABE here:** [www.westabe.org](http://www.westabe.org).

#### Contact Information

For more information about Big Lake’s class offerings, call 763.262.2523.

# Adult | Opening Doors



Opening Doors is  
a program for adults with  
disabilities, age 16 and older



## Prairie Fire's "Alice In Wonderland"

Check your watch and don't be late, you have a very important date! Two Prairie Fire Actors will play the roles of The Queen of Hearts and The Mad Hatter as they take the stage with up to 80 local youth who will play roles such as Alice, The White Rabbit, The Duchess, The Cook, Cheshire Cat and many more. Come watch and find out! Sub sandwiches served @ 6 pm followed by the play @ 7pm

Fri | Feb 9 | 6:00 – 8:00 PM | 1 Session | \$15  
BL High School RM C112

## Celebrate with the King!

Yes that's right we will be celebrating the King of Rock & Roll's birthday. Come to the party wearing your favorite Elvis Presley gear. We will enjoy a night of his great hits and have a trivia contest. Some of the King's favorite snacks will be part of this great birthday party!!

Tue | Jan 9 | 6:00 – 8:00 PM | 1 Session | \$15  
Ind. Elem. Community Room

## Email Creation

Here's a New Year's goal for you! Learn how to better connect with family and friends via email. Come to class and we will assist you in creating a personalized email account. We will also demonstrate how to use your email address when registering for an online Opening Doors class and marking your own calendar with personal events and activities. You'll never forget an event again!

Tue | Jan 16 | 6:30 – 7:30 PM | 1 Session | \$7  
Ind. Elem. Community Room

Opening Doors offers specialized activities, lead by caring & qualified staff, that are educational, social, life skills and recreation learning opportunities for people with any type of disability. For a full list of classes offered or to register contact Buffalo Community Education at [bhmschools.ce.feepay.org](http://bhmschools.ce.feepay.org) or call 763-682-8770.

# Adult | Opening Doors



## Friday Night Bingo

Bring yourself, maybe a date and for certain your luck! Fun prizes, with a side of pizza served and other special treats will add to the excitement of the evening. Mark your calendar for a night of BINGO!

Fri | Mar 9 | 6:00 – 8:00 PM | 1 Session | \$10  
BL High School RM C112

## Button Photo Frame

This unique frame will add to your photo display. We will cover a frame using recycled buttons, and add a splash of other embellishments to pull off a work of art!

Tue | Jan 23 | 7:00 – 8:30 PM | 1 Session | \$9  
Ind. Elem. Community Room

## Fleece Scarf

With a few easy stitches we will make a fleece scarf that will keep you cozy and warm all winter long! There will be a number of choices to customize your very own project.

Wed | Feb 7 | 7:00 – 8:30 PM | 1 Session | \$9  
Ind. Elem. Community Room

## Card Creations

Now's the time to restock your card supplies, Mother's Day, Father's Day and Easter will be here soon! So many occasions to plan, come to this class and make a variety of special cards for all the celebration in your life.

Tue | Mar 20 | 6:00 – 7:30 PM | 1 Session | \$9  
Ind. Elem. Community Room

Opening Doors offers specialized activities, lead by caring & qualified staff, that are educational, social, life skills and recreation learning opportunities for people with any type of disability. For a full list of classes offered or to register contact Buffalo Community Education at [bhmschools.ce.feepay.org](http://bhmschools.ce.feepay.org) or call 763-682-8770.



## Valentines Day Crafting

Everyone likes something special for Valentine's Day. Here's your chance to create your own noteworthy card and decorate an exceptional Valentine's cookie. Keep the gift for yourself or give it to that special someone in your life.

Tue | Feb 13 | 6:00 – 8:00 PM | 1 Session | \$9  
Ind. Elem. Community Room

## Cherry, Cherry, Cherry-Pie Making

George Washington would be proud to see these creations! We will make our own cherry pie. Each participant will leave class with an unbaked cherry pie ready to bake at home or freeze for later. Don't worry we have pie to sample and a side of cherry juice. Register 1 week in advance.

Tue | Feb 20 | 7:00 – 8:30 PM | 1 Session | \$10  
BL High School FACS RM C112





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ed2go

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[www.ed2go.com/biglake/](http://www.ed2go.com/biglake/)

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## Accounting and Finance

Accounting Fundamentals I & II  
Accounting Software | Personal Finance and Investments

## Business

Business Communications | Business Software General Business Skills | Grant Writing Management & Leadership Nonprofit Project Management | Sales and Marketing Start Your Own Business

## Technology

Certificate Prep | Computer Fundamentals Programming | Database Management Networking | Security | Web Technology

## Legal & Law

Business & Corporate | Criminal Law General Law | LSAT Prep | Paralegal

## Design and Composition

Adobe Software | Digital Photography Graphic Design | Multimedia | Web Design

## Health Care and Medical

Alternative Medicine | Ancillary | EMS & Fire Fighters | Ethics, Law & Compliance Health Care Certificate | Health Information Management | Veterinary

## Language & Arts

Arts | Creative Writing | Languages Publishing

## College Readiness

Math | Science | Test Prep

## Computer Applications

Adobe | Microsoft | Other

**AND MORE!**

## Personal Finance

Do you have clear financial goals? Do you have enough money to buy a car or house, taxes, insurances, household budgets? If your answer to any of these questions is “No”, you need this course. You’ll learn to create and use a budget, learn useful tools that are realistic and easy to work into your regular routine and plan for your financial future.

## Where Does All Your Money Go?

Ever get frustrated that you never seem to get ahead, wonder where your money went last month, trouble saving money, or where to find the money? Start to make conscious decisions about spending and saving and make your own informed choices about where you want it to go. You can’t afford not to take this course and change your habits. This course is an investment in your future and you will save the cost of the course many times over by applying what you learn.

## A to Z Grant Writing

A to Z Grant Writing is an invigorating and informative course that will equip you with the skills and tools you need to enter the exciting field of grant writing! You’ll learn how to raise needed funds by discovering how and where to look for potential funders who are a good match for your organization. You’ll also learn how to network and develop true partnerships with a variety of funders, how to organize a successful grant writing campaign, and how to put together a complete proposal package.

## Grammar Refresher

The key to effective writing and speaking is English grammar. Whether you are just now learning the basics of grammar or if you need a refresher, this course will help you develop the foundational skills you need. In this course, you’ll explore the eight parts of speech, punctuation and mechanics, foundational sentence construction, and we’ll even get into the details of phrases, clauses, problem words, common grammar mistakes, and much more! An instructor will guide you every step of the way as you learn grammar through hands-on, practical exercises. You’ll also learn through short videos, examples, and even fun games. Take your writing and speaking to the next level of excellence!

## Creating Mobile Apps with HTML5

Do you want to make mobile apps that run on iPhone and iPad, as well as on Android, and Windows Phone? Sure you do! Do you want to learn five different programming languages? Of course you don’t! Fortunately, you’re about to discover a better way to build apps. In this course, you’ll learn how to imagine, design, build, and optimize a cross-platform mobile app using the very latest HTML5 standards. The result will be a mobile app that’s fast and runs on just about any smartphone or tablet computer.

## Write Your Life Story

Have you thought about writing your story, sharing life-altering events? Does your family really know about their heritage? If you’ve ever thought about writing your life story, now is the time. You will have the satisfaction of telling history your way. You may even find a lucrative market for your story, just like the authors of the bestselling Rocket Boys and Angela’s Ashes. This course walks you step-by-step through the process of writing your life story. It’s fun. It’s exciting. It’s a story only you can tell.

## Creating WordPress Websites

Learn how to create attractive, sophisticated blogs and websites—without any coding! WordPress is the world’s most popular website publisher, powering more than 25% of all sites on the Internet. WordPress is an easy-to-use solution that will help you put your site on the Web in far less time than by coding, and at a much lower cost than hiring a professional.

## Start Your Own Small Business

Learn how to take your dream of starting a business and put it into action. In this class, you’ll learn everything you need to know about starting a business. You’ll begin by discovering the tricks to picking the right opportunity for you. Next, you’ll learn how to develop proven marketing techniques to easily build sales. Since every business needs money, we’ll discuss traditional and nontraditional financing options. Finally, you’ll learn easy-to-implement employee-management procedures and how to write business policies that help you build your business.

**Classes Start: December 13, January 17, February 1**  
**Register Online at [ed2go.com/biglake](http://ed2go.com/biglake)**



# All Ages | Aquatics



## Parent /Child Aquatics| Age 6 mo – 3 yr

Take the first step in helping your child become comfortable in the water. With your assistance, your child will learn to enter and exit the water safely, float and change positions, and introduce arm and leg actions that lead to swim skills. Additionally, other water safety skills such as how to select a life jacket will be discussed. All classes 4 sessions.

Sat (9:00 – 9:30 AM) & Wed (5:30 – 6:00 PM)  
Feb 3 – 14 | \$22 | 7004-1

Sat (9:00 – 9:30 AM) & Wed (5:30 – 6:00 PM)  
Feb 17 – 28 | \$22 | 7004-2

## Preschool Aquatics | Ages 4-5

The objective of this class is to help children feel comfortable and safe in the water. They will learn to float on their back with support and to recover to a vertical position, explore simultaneous and alternating arm and leg actions on front and back, and add some fundamental and true locomotion skills. At this level children also start developing good attitudes and safe practices around the water. All classes 8 sessions.

Wed (5:30 – 6:00 PM) & Sat (9:00 – 9:30 AM)  
Jan 3 – 27 | \$38 | 7003-1

Sat (10:00 – 10:30 AM) | Jan 6 – Feb 24 | \$38 | 7003-2

ALL CLASSES HELD AT  
BIG LAKE HIGH SCHOOL  
POOL - ENTER DOOR H2

## Swimming| Level 1 |Ages 5+

This class helps students feel comfortable in the water and enjoy the water safely. Students learn elementary aquatic skills and develop good attitudes and safe practices around the water. All classes 8 sessions.

Wed (6:10 – 6:50 PM) & Sat (9:40 – 10:20 AM)  
Jan 3 – 27 | \$40 | 7005-1

Sat (10:40 – 11:20 AM) | Jan 6 – Feb 24 | \$40 | 7005-2

Sat (9:40 – 10:20 AM) & Wed (6:10 – 6:50 PM)  
Feb 3 – 28 | \$40 | 7005-3

## Swimming| Level 2

This level introduces locomotion skills. Students explore simultaneous and alternating arm and leg motions on their stomach and back to lay the foundation for future strokes. **Must be level 1 graduate.** All classes 8 sessions.

Wed (6:55 – 7:35 PM) & Sat (10:30 – 11:10 AM)  
Jan 3 – 27 | \$40 | 7006-1

Sat (10:30 – 11:10 AM) & Wed (6:55 – 7:35 PM)  
Feb 3 – 28 | \$40 | 7006-2

## Swimming| Level 3

Students will build on previously learned skills including coordination of front and back crawl elements of the butterfly stroke, treading water and rules for headfirst entry. **Must be level 2 graduate.** All classes 8 sessions.

Sat (9:00 – 9:50 AM) | Jan 6 – Feb 24 | \$46 | 7007-1



## Swimming| Level 4 Stroke Improvement

Students will improve their skills and increase their endurance at this level by swimming front crawl and elementary backstroke for greater distances. Students also continue to build on the butterfly stroke. Introduction to the back crawl, breaststroke, and basics of turning at a wall will also be taught. **Must be level 3 graduate.** All classes 8 sessions

Sat (9:00 – 9:50 AM) | Jan 6 – Feb 24 | \$46 | 7008-1

## Private Red Cross Swim Lessons

Would your child enjoy one-on-one or two-on-one swim instruction instead of group lessons? Then this class is the ticket! Enjoy five 30, 40 or 50 minute sessions with a certified instructor. Grab a friend with similar swimming abilities and get a 2-for-1 price! Contact Kaycee Taubert at k.taubert@biglakeschools.org to arrange dates and times.

Preschool Parent/Child | \$90 | 30 Min | 7000  
Levels 1 & 2 | \$120 | 40 Min | 7001  
Levels 3+ | \$155 | 50 Min | 7002

# All Ages | Aquatics

## Water Aerobics

Give your joints a break by exercising them in the water! Water's natural buoyancy lets you stretch and strengthen joints with less impact than land-based exercises. Water-based aerobics also can help with arthritis, osteoporosis and other health ailments. Instructor: Kaycee Taubert

Sat | Jan 6 – Feb 10 | 7:30 – 8:30 AM | 6 Sessions  
\$42 | BL High School Pool | 1012-1

WE'RE NOW ON TWITTER!



Tweet us  
@BigLakeCommEd

# OPEN SWIM

\$3/person or \$6/family per visit

Open to all ages! Lifeguard present. Participants are welcome to bring a lock for a locker, but it must be removed after each use. Cost is payable at the door.

Sundays | Jan 7 – Feb 11  
3 – 5 PM | High School Pool



# Youth | Kids Club



## Before & After School Childcare

### What is it?

Kids Club is a Big Lake Community Education program that offers before and after school childcare in a fun, safe environment. It's more than just childcare though; we offer a wide variety of programming that includes arts & crafts, physical education, outdoor games!

### What ages can go?

Kids Club is open to students in kindergarten all the way to 9th grade. Have a child in Little Learners preschool? Check out our Hive Time childcare program!

### When is Kids Club open?

Kids Club is open from 6 AM – 6 PM Monday – Friday. It's a great option for late start, early release and non-school days!

### Where is Kids Club at?

We have two convenient locations: inside of Liberty and Independence Elementary Schools. Grades K-2 attend Liberty Elementary, and grades 3-9 attend Independence Elementary.

### What is the cost?

#### Grades K-9

Before OR After School: \$9.50/day | Drop-in: \$15/day

Non-school Day/Full Day: \$33/day

Early Release Day: \$16/day

To register, or for the most up-to-date rates, visit [www.biglakece.com](http://www.biglakece.com) or call 763-262-3233.

## Plan Ahead!

Summer 2018 Registration Opens February 1... due by April 1, 2018

Registrations submitted after April 1 will be subject to a \$25 late fee

# Youth | Enrichment

### F.A.S.T. Kids Staying Safe While Home Alone | Grades 3-5

First Aid and Safety Trained Kids is a 6-hour course which will cover basic first aid, water safety, vehicle safety, home emergencies, injury prevention, personal safety and healthy living. This course helps prepare children for staying at home alone. Students will receive a book and construct a home first aid kit as part of the class. Instructor: Emergency Outfitters, Inc.

Mon | Mar 5 | 9:00 AM – 3:00 PM | 1 Session  
\$45 | Ind. Elem. RM 147 | 4003-1

### Chess Club | Grades 3-8

Become a checkmate pro! Learn the basics and strategy behind chess in this mind-challenging class that includes a 30-minute chess lesson followed by 30 minutes of tournament-style play. All participants are sure to increase their skill level in this interactive environment. Instructor: Twin Cities Chess Club

Tue | Feb 6 – Mar 13 | 3:45– 4:45 PM | 5 Sessions  
\$57 | Ind. Elem. RM 147 | 4005-1 | Not meeting Feb 20

## Prairie Fire

### Alice In Wonderland | Ages 7+

Check your watch and don't be late, you have a very important date! Come along with two Prairie Fire actors who will play the roles of The Queen of Hearts and The Mad Hatter as they take the stage with up to 80 local youth. Auditions are open to anyone ages 7+ who may be asked to play roles such as Alice, The White Rabbit, The Duchess, The Cook, Cheshire Cat and many more. The audition process lasts up to two hours and you must be able to attend the entire audition. A portion of the cast will be asked to stay following the auditions to rehearse.

#### Auditions

Mon | Feb 5 | 4:00 – 6:00 PM | \$52  
BL High School Auditorium | 4006-1

#### Rehearsals

Tue – Fri | Feb 6 – 9 | 4:00 – 7:30 PM  
An information sheet with rehearsal times for each of the roles played will be sent home.

#### Show Times

Fri, Feb 9 at 7 PM and Sat, Feb 10 at 2 PM | BL High School Auditorium | Tickets \$5 Adults/\$3 Youth

### NEW! Star Wars Jedi Moving Making Grades 1-5

From a galaxy, far, far away, Star Wars comes to life! Work on a stop-motion animated Lego Star Wars Movie. Star Wars action figures, Legos, and backdrops will be available for filming in class. You will handle all the technical details including using a digital movie camera, filming scenes, stop-motion animation, digital editing and adding finishing special effects and transitions to the movie. Instructor: Computer Explorers

Sat | Feb 3 | 9:00 AM – 12 PM | 1 Session | \$43  
Lib. Elem. RM 130 | 4057-1





ARTS & CRAFTS



NEW! Pizza & Canvas: Heart Tree | Ages 4+ and Family

Grab the whole family and join us for a fun family painting event. Every family will create their own painting of a tree with hearts on an 11x14 stretched canvas. No need to eat before class; enjoy pizza dinner with your family and friends before we start painting. Purchase an additional canvas for \$15. Instructor: KidzArt

Wed | Feb 7 | 6:00 – 7:30 PM | 1 Session  
\$28 | Ind. Elem. RM 255 | 4063-1

NEW! Mess to the Max! | Grades K-5

We will be maximizing the mess to make this art camp the very best! Get excited to paint with plaster, sculpt with gooey gunk, make paper mache puppies, and fling paint like Jackson Pollock. We will even learn some cool stuff along the way. These projects are so messy your mom would never let you make them at home! Please pack a nut-free snack and drink for your child. Instructor: Kidcreate Studio

Thu/Mon | Mar 29 & Apr 2 | 1:00 – 4:00 PM | 2 Sessions  
\$64 | Ind. Elem. RM 147 | 4061-1

NEW! Awesome Art | Grades 3-5

If you can dream, you can draw! Creativity takes flight! Illustrate all the fun things people do in life! Draw your own designs of solar cars, use charcoal and markers to draw ice skaters on a frozen lake, and create a diorama of an astronaut exploring space. Instructor: KidzArt

Thu | Feb 22 – Mar 15 | 3:45 – 4:45 PM | 4 Sessions  
\$49 | Ind. Elem. RM 147 | 4064-1

NEW! Cupcakes & Clay Art Camp  
Grades K-5

Creating with clay and eating cupcakes – how SWEET! Your child will experiment with different types of clay and learn clay techniques, all while making tons of yummy treats like chocolate cake, jumbo-sized candy and an extra special banana split. Then to make this class even sweeter, we will serve a cupcake treat! Please pack a nut-free snack, lunch and drink for your child. Instructor: Kidcreate Studio

Mon | Mar 5 | 9:00 AM – 3:00 PM | 1 Session  
\$74 | Ind. Elem. Cafeteria | 4065-1

NEW! Crochet Club | Grades 4-8

Join the club and crochet a project out of yarn! You can choose to make either a crochet scrunchie hair tie, or a pet snake! Both if you’ve got the skills! You will learn all the crochet basics needed to make these projects, and hopefully take one finished project home! No experience necessary; all materials provided. Instructor: Pam Whitcomb

Tue | Jan 16 & 23 | 3:45 – 5:15 PM | 2 Sessions  
\$38 | Ind. Elem. RM 103 | 4035-1

NEW! Basic Knitting for Kids | Grades 4-8

Join the club and knit a take-home project! In this club, you can choose to make a coin purse or a hacky sack square, or both if you want! You will learn everything you need to know to make these projects and leave with your own handmade toy or accessory. No experience necessary, all materials provided. Instructor: Pam Whitcomb

Tue | Feb 13 & 15 | 3:45 – 5:15 PM | 2 Sessions  
\$38 | Ind. Elem. RM 103 | 4036-1



Discovering Dinosaurs | Grades K-2

Do you love T-Rex, Parasaurolophus, Ankylosaurus, and Triceratops? If you do, come and explore the exciting prehistoric world of the dinosaurs. You will become a paleontologist as you learn about dinosaurs, create a “fast fossil”, participate in hands-on experiments and much more as we journey back in time. Instructor: Science Explorers

Wed | Mar 28 – Apr 11 | 3:40 – 5:00 PM | 3 Sessions  
\$47 | Lib. Elem. RM 146 | 4055-1

Techno Tinkering | Grades 3-6

Do you find yourself tinkering with batteries, motors and moving objects? Then put your building skills to the test as a techno engineer. Learn about electrical circuits, on/off switches, and more. Then, using your own tinkering kit which includes a motor, batteries, wires and other simple supplies, you will design and construct a moving techno-creature **to take home!** Instructor: Science Explorers

Wed | Feb 14 – 28 | 3:45 – 5:05 PM | 3 Sessions  
\$47 | Ind. Elem. RM 147 | 4054-1

Babysitting 101 | Grades 5-8

Learn current practices for safety, injury prevention, first aid basics, and feeding and caring for infants. Additionally, learn how to handle behavior problems and how to manage a babysitting business. You will receive a reference book, handouts, babysitting bag and a first aid kit. Bring a bag lunch. Instructor: Emergency Outfitters, Inc.

Mon | Jan 29 | 8:30 AM – 4:30 PM | 1 Session  
\$59 | Ind. Elem. RM 147 | 4002-1

Drivers Education | Ages 14½ +

Sign up for this complete Drivers Education program consisting of 30 hours of classroom instruction and 6 hours of behind the wheel training; arrange behind the wheel hours with Wheels Driving Academy. Registration fee of \$40 is payable to Big Lake Community Education upon registration and \$350 is due to Wheels Driving Academy upon the first class.

Mon – Fri | Jan 22 – Feb 5 | 2:45 – 5:45 PM | 10 Sessions | \$390 | BL High School RM K101/102 | 4001-1  
Not meeting: Jan 29

Mon – Fri | Mar 12 – 23 | 2:45 – 5:45 PM | 10 Sessions | \$390 | BL High School RM K101/102 | 4001-2

NEW! Solar Robots | Grades K-8

In this class, kids can stimulate their creativity by designing and building epic, solar-powered robots from easy-to-assemble parts. In addition, students will build solar powered cranes, lift bridges, and many other designs. Let your young engineers explore the world of solar energy while learning how to problem solve and stretch their imagination. Instructor: GoSolarKidz

Thu | Mar 29 | 1:00 – 4:00 PM | 1 Session | \$38  
Ind. Elem. RM 238 | 4040-1





# Youth | Recreation



### NEW! Zumba Kids | Ages 7-11

Perfect for our younger Zumba® fans! Kids 7-11 years old get the chance to be active and jam out to their favorite music. Helps develop a healthy lifestyle and incorporate fitness as a natural part of kids’ lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness. Instructor: Julie Severs

Thu | Jan 11 – Feb 15 | 3:45 – 4:45 PM | 6 sessions  
\$34 | Ind. Elem. Cafeteria | 5010-1

### Karate/Self Defense | Ages 4-16

This is an exciting self-defense and safety awareness program where students learn verbal skills and non-aggressive self-defense techniques to protect themselves. New students earn the certified yellow belt, and returning students can earn higher ranking certified belts. Fees payable to Young Americans School of Self Defense. Instructor: Jeff Wood

#### Registration

Tue | Feb 6 | 3:45 – 5:15 PM | 1 session  
\$5 reg. fee | Ind. Elem. Cafeteria

#### Session 1

Tue | Feb 13 – May 8 | 3:45 – 4:30 PM | 12 sessions  
\$7 weekly fee | Ind. Elem. Cafeteria  
Not meeting: Feb 20

#### Session 2

Tue | Feb 13 – May 8 | 4:30 – 5:15 PM | 12 sessions  
\$7 weekly fee | Ind. Elem. Cafeteria  
Not meeting: Feb 20

### Cheer America | Ages 4-16

Cheer America is an exciting cheerleading where students will learn popular cheers and chants, choreographed dance and pom-pom routines, parade marching techniques etc. Fees payable to Cheer America. Instructor: Abbey Christianson

#### Registration

Mon | Feb 5 | 6:45 – 8:45 PM | 1 session  
\$5 reg. fee | Ind. Elem. Cafeteria

#### Session 1 | Ages 4-8

Mon | Feb 12 – May 7 | 6:45 – 7:30 PM | 12 sessions  
\$7 weekly fee | Ind. Elem. Cafeteria  
Not meeting: Feb 19

#### Session 2 | Ages 9+

Mon | Feb 12 – May 7 | 7:45 – 8:30 PM | 12 sessions  
\$7 weekly fee | Ind. Elem. Cafeteria  
Not meeting: Feb 19

### Amazing Athletes | Ages 2.5 yrs–6yrs

This developmental sports and fitness program teaches basic fundamentals and mechanics of nine different sports including baseball, volleyball, lacrosse, football, basketball, soccer, golf, hockey and tennis. Build self-confidence, practice teamwork and improve motor skills. In this non-competitive environment, children increase their cardiovascular fitness, muscle tone, hand-eye coordination and reaction time. Instructor: Molly Hurrle

Wed | Jan 10 – Feb 14 | 3:45 – 4:30 PM | 6 Sessions  
\$64 | Liberty Elem. Cafeteria | 3000-1

Wed | Feb 21 – Mar 28 | 3:45 – 4:30 PM | 6 Sessions  
\$64 | Liberty Elem. Cafeteria | 3000-2



### Archery with Mr. Streit | Grades 4-5

Join us for this exciting class where you will learn how to shoot and score archery! We will learn how to safely shoot a bow following the NASP (National Archery in the Schools Program) guidelines. Come get involved in this great lifelong sport! Instructor: Mr. Lowell Streit

Mon – Thu | Mar 12 – 15 | 3:50 – 4:50 PM  
4 Sessions | \$30 | Ind. Elem. East Gym | 5009-1

### NEW! Big Lake Youth Volleyball Development | Grades K-4

This developmental program for girls and boys teaches the fundamentals and mechanics of volleyball through fun drills and creative games. Participants will build self confidence, practice teamwork and improve motor skills while learning the fundamentals of volleyball. Wear tennis shoes and comfortable clothes. T-shirt is included. Instructors: Christa Vogel, Jaclyn VanHorrick & Caitlin Walser-Deuel

Wed | Jan 10 – Mar 28 | 6:00 – 7:00 PM  
12 Sessions | \$65 | Lib. Elem. Gym | 5090-1

### Horse Camp

Want to ride, learn and work with horses? Campers get to learn how to groom, tack-up, lead, and do in-hand work with horses. Learn how to work with them while learning balance and control in the saddle. Horse crafts may include braiding a horse’s mane and tail, giving a horse a bath, horse tag, feeding and watering, and care. Build new friendships with fellow horse loving peers in this structured and positive environment. Camps are rain or shine. Proper attire includes sneakers or boots (closed toe with a heel), long pants and layering depending on weather. Bring a water bottle and nut-free lunch. Everyone must bring a signed waiver form to camp. Campers under age 6 must have a parent with at all times. Instructor: Andrea Keacher, Boulder Pointe Equestrian & Event Center, 6612 189<sup>th</sup> Lane N.W., Anoka

#### Level 1 | Ages 2-5

Sat | Mar 10 | 9:00 – 11:00 AM | 1 Session | \$45  
Boulder Pointe Equestrian & Event Center | 5005-1

#### Level 2 | Ages 6+ Day Camp

Fri | Mar 30 | 9:00 AM – 3:00 PM | 1 Session | \$95  
Boulder Pointe Equestrian & Event Center | 5006-1

Mon | Apr 2 | 9:00 AM – 3:00 PM | 1 Session | \$95  
Boulder Pointe Equestrian & Event Center | 5006-2





# Tear-out at-a-Glance Calendar

With Class Start Days

January

3	Advanced Gymnastics Approval Needed   Youth Beginner Gymnastics Ages 5-7   Youth Beginner Gymnastics Ages 6-8   Youth Boys Gymnastics Grades K-5   Youth Hornet in Training Approval Needed Ages 4-8   Youth Intermediate Gymnastics Ages 8+   Youth Preschool Aquatics Ages 4-5   Youth Swimming Level 1 Ages 5+   Youth Swimming Level 2   Youth
4	Parent/Child Gymnastics Ages 18 mo-3 yr.   Youth Pre-K Gymnastics Ages 4-5yr.   Youth Tae Kwon Do   Adult Basic Dog Obedience Ages 12+   Adult Puppy Kindergarten Ages 12+   Adult
6	Preschool Aquatics Ages 4-5   Youth Swimming Level 1 Ages 5+   Youth Swimming Level 3   Youth Swimming Level 4 Stroke Improvement   Youth Oula.One Yoga   Adult Water Aerobics   Adult
7	Open Swim 3-5 PM Big Lake HS Pool   Family
8	Beginner Gymnastics Age 5   Youth Hornet in Training Ages 4-8   Youth Intermediate Gymnastics Ages 8+   Youth Kickboxing   Adult
9	Kickboxing/Pilates Combo Ages 12+   Adult New Year Reset – Better Nutrition, Better You   Adult
10	Amazing Athletes Ages 2.5 yr-6 yrs.   Youth Youth Volleyball Development Grades K-4   Youth Pound Fitness Ages 16+   Adult
11	Zumba Kids Ages 7-11   Youth Country Line Dancing   Adult
16	Crochet Kids Club Grades 4-8   Youth Beginner Crochet   Adult
22	Drivers Education Ages 14 ½+   Youth
23	Basic Dog Obedience Ages 12+   Adult Puppy Kindergarten Ages 12+   Adult
27	Craft Winemaking Ages 21+   Adult
29	Babysitting 101 Grades 5-8 Non-School Day   Youth

March

1	Put Your Retirement Plan to Work   Adult
3	Looney Lutherans Lifestyle Tips for Livelier Living Event   Adult
5	Cupcakes & Clay Art Camp Grades K-5   Youth Kids Staying Safe While Home Alone Grades 3-5 Non-School Day   Youth
10	Horse Camp Ages 2-5 Boulder Pointe Equestrian   Youth
12	Archery with Mr. Streit Grades 4-5   Youth Drivers Education Ages 14 ½+   Youth
15	Basic Dog Obedience Ages 12+   Adult Puppy Kindergarten Ages 12+   Adult
27	4HR Driver Refreshment Class   Adult
28	Discovering Dinosaurs Grades K-2   Youth
29	Mess to the Max Grades K-5 Non-School Day   Youth Solar Robots Grades K-3 Non-School Day   Youth
30	Horse Camp Ages 2-5 Boulder Pointe Equestrian   Youth

Big Lake Community Education  
and "The Looney Lutherans"  
Present..

Livin' La Vida Lutheran:  
Looney Lifestyle Tips for  
Livelier Living



Saturday March 3rd 1:00 – 2:30 PM  
Big Lake High School Auditorium  
Intermission with refreshments available.

OPTION # 1:

Show \$20. Purchase online or pay at the door on day of show. General seating.

OPTION # 2:

"Hotdish Luncheon" \$ Show for \$25.  
Serving starts at 11:30am. High School Cafeteria. Please pre-register online by Feb. 20, 2018, or call us at 763-262-2523  
General seating.

February

1	Tae Kwon Do   Adult
3	Parent/Child Aquatics Age 6 mo-3 yr.   Youth Swimming Level 1 Ages 5+   Youth Swimming Level 2   Youth Star Wars Jedi Moving Making Grades 1-5   Youth Murder at the Winery with Dinner   Adult
5	Cheer America Registration Ages 4-18   Youth Prairie Fire Auditions for Alice in Wonderland Ages 7+   Youth Kickboxing   Adult Developing an Estate Plan, Wills, Trusts & Long Term Care   Adult
6	Chess Club Grades 3-8   Youth Karate/Self Defense Registration Ages 4-18   Youth
7	Pizza & Canvas Heart Tree Ages 4+ & Family   Youth
8	Basic Dog Obedience Ages 12+   Adult Puppy Kindergarten Ages 12+   Adult
12	Cheer America Ages 4-8   Youth 4HR Driver Refreshment Class   Adult
13	Karate/Self Defense Ages 4-18   Youth Knitting Club for Kids Grades 4-8   Youth Beginner Knitting   Adult
14	Techno Tinkering Grades 2-6   Youth
17	Parent/Child Aquatics Age 6 mo-3 yr.   Youth Oula.One Yoga   Adult
21	Amazing Athletes Ages 2.5 yr-6 yrs.   Youth Pound Fitness Ages 16+   Adult
22	Awesome Art Activities Kidz Art Grades 3-5   Youth



ce@biglakeschools.org

763.262.2523

biglakece.org



# Youth | Gymnastics

## Parent/Child Gymnastics | 18 mo-3 yrs

Parents will work together with their child to complete the following activities: walking forward, backwards, and sideways on the beam; crawling; marching; monkey flips and walks, swinging and front support on bars; forward/backward rolls, log rolls, puddle jumps, wall walkers on the floor; vault jumps; tuck jumps, jump and freeze, ins and outs, and puppy drops on the tramp.

Thu | Jan 4 – Feb 8 | 10:00 – 10:45 AM | 6 Sessions  
\$54 | Liberty Elem. Stage | 6000-1

## Pre-K Gymnastics | Ages 4-5 yrs

This is a great class for little ones who have energy to burn! The class will help with coordination, flexibility and balance. Your child will go through many activities including walking on beams, hanging on the bars, learning floor movements, trying out the vault and more. Children must be potty trained, parent to remain for duration of class.

Thu | Jan 4 – Feb 8 | 9:15 – 10:00 AM | 6 Sessions  
\$54 | Liberty Elem. Stage | 6001-1

## Boys Gymnastics | Grades K-5

This class will introduce boys who have 0 to 1 year of experience in the sport of gymnastics to all four events designed for this sport including: vault, bars, beam and floor. Some of the skills covered include backward roll, handstand and a cartwheel on floor. Instructor: Lanny Goldsmith

Wed | Jan 3 – Feb 7 | 7:30 – 8:25 PM | 6 Sessions  
\$60 | 6018-1

## Hornet in Training | Ages 4-8

Instructor approval required. This class is designed for those gymnasts who are looking to be challenged and ready for the next level! Pre-approval is needed.

Wed | Jan 3 – Feb 7 | 5:30 – 6:25 PM | 6 Sessions  
\$60 | 6017-1

Mon | Jan 8 – Feb 12 | 5:30 – 6:25 PM | 5 Sessions  
\$50 | 6017-2 | Not meeting: Jan 15

## Beginner Gymnastics | Age 5-8

This class will introduce children who have 0 to 1 year of experience in the sport of gymnastics using all four events designed for gymnastics including vault, bars, beam and floor. Some of the skills covered include backward roll, handstand and a cartwheel on floor.

### Age 5

Mon | Jan 8 – Feb 12 | 5:30 – 6:25 PM | 5 Sessions  
\$50 | 6020-1 | Not meeting: Jan 15

### Ages 5-7

Wed | Jan 3 – Feb 7 | 7:30 – 8:25 PM | 6 Sessions  
\$60 | 6021-1

### Ages 6-8

Wed | Jan 3 – Feb 7 | 5:30 – 6:25 PM | 6 Sessions  
\$60 | 6022-1

## Intermediate Gymnastics | Ages 8+

This class has more focus on strength and technique. The gymnasts work hard to build on basic skills already mastered including bridge kick-over, handstand to bridge, walk pull over on bars and comfortably jumping on the high beam. Pre-approval needed if under 8 years old.

Wed | Jan 3 – Feb 7 | 6:30 – 7:25 PM | 6 Sessions  
\$60 | 6005-1

Mon | Jan 8 – Feb 12 | 6:30 – 7:25 PM | 5 Sessions  
\$50 | 6005-2 | Not meeting: Jan 15

## Advanced Gymnastics | Approval Needed

Take your skill level beyond Intermediate.

Wed | Jan 3 – Feb 7 | 7:30 – 9:00 PM | 6 Sessions  
\$90 | 6006-1

**All classes held at  
Big Lake High School  
Auxiliary Gym unless  
otherwise noted.**

# Fifth Annual Sweetheart Ball

*And Fundraiser*

Children  
0-5 & Their  
Families

Liberty Families  
Welcome Too!

Friday, February 9th  
6:00 - 8:00 pm  
Liberty Elementary  
Gym & Cafeteria  
17901 205th Ave

FREE EVENT

Proceeds to  
Benefit Big Lake  
Early Childhood  
Programs

Music  
Dancing  
Family Fun  
Face Painting  
Silent Auction

Concessions will be  
available including:

Pizza by the Slice  
Glow Jewelry  
Popcorn  
Flowers  
Water

**Sponsored by:**  
**For more information**  
**Call 763-262-3233**

Big Lake Schools  
Early Childhood  
Parent Advisory Council

Find us on Facebook





# ECFE | Early Childhood

Meet lifelong friends,  
while learning, playing  
and growing!

Early Childhood Family Education (ECFE) is a program for all Minnesota families with children from birth to before kindergarten entrance.

At ECFE, we understand the importance of the early years in a child’s development. Beginning even before birth, parents shape a child’s development and set the stage for future learning and growth. That’s why ECFE offers a variety of classes that provide information, encouragement and support for parents and their children. Our goal is to help strengthen families through interactive play and relevant, research-based parent education. (ECFE welcomes grandparents, step parents, and anyone filling the role of a primary childcare provider for a child).

ECFE classes are taught by licensed early childhood teachers and parent educators. Our knowledgeable, caring, friendly staff believe parents are a child’s first and most influential teachers! Together we will support and encourage your child’s development of foundational social, emotional, cognitive, physical, and language and literacy skills.



## Early Childhood Advisory Council

The Big Lake Early Childhood Advisory Council invites dedicated parents to join us as we help make our early childhood programs the strongest and best they can be for our families in Big Lake.

We meet about every other month on Monday evening from 6 - 7 p.m. During this time we discuss upcoming events, fundraisers and ways to promote early childhood programs in the community. These fun events do not require a lot of time - just your passion!

Please contact the ECFE office for more information or to join.

**Meeting dates for 2017-18:**  
**Jan 8, Feb 5, April 9, May 7**

**Looking to save a couple bucks? Be an EARLY BIRD!**  
Register online by December 22 and get 10% off your ECFE class fee.

Use code ECFEWS18



## A Typical ECFE Class Includes:

- **Parent/Child Time:** together parent and child enjoy a safe classroom filled with developmentally-appropriate learning activities, such as art, blocks, puppets and sensory play. A portion of this is spent in “**circle time**,” where parents, children and teachers come together to sing, read and participate in literacy-rich music and movement activities.



- **Parent Discussion:** parents join together for a discussion group lead by a licensed parent educator. Each session, joys and concerns are shared, in addition to topics pertaining to child development. Depending on the class, discussions occur either within the same classroom as children (non-separating “♥”) or in a nearby parent education room (separating “✿”).

- **Children’s Time:** while parents are in discussion, children participate in child-directed play-based activities facilitated by a licensed Early Childhood teacher. Teachers prepare the classrooms using developmentally-appropriate research-based curriculum that focuses on meeting each child’s individual needs and development.



## ECFE is a place:

- Where you can make friends with other parents who have children the same age as yours, and who share the same concerns, joys and challenges as you do
- Where your child has the opportunity to play with others in a safe, supportive environment
- Where caring staff, who understand children and parenting, come together to support parents and children
- Where no one is turned away for inability to pay. Check out our sliding fee scale or give us a call. We’ll find a solution!
- Where sibling care is available, for a low fee, to parents who want to spend some one-on-one time with their multiple-aged children.
- Where we believe **MOVEMENT** is the **Key to Learning!** Research tells us that “a moving child is a learning child,” which means we have weaved movement activities into all of our classes! So come snuggle, squiggle, scamper and stomp with us! Let’s get moving and learning together!





## Baby Steps | Birth-12 mo ♥

- Discover ways to support your baby's development
- Celebrate his/her milestones
- Gain friendship and support
- Discover your own parenting style
- Learn infant massage & baby signs

Playtime and nesting with your little snuggler will be followed by interactive discussions on nursing/bottle feeding, nutrition, sleeping, safety, brain development and balancing your life as a parent. Your baby stays with you during this engaging class. Come for all sessions...or drop in for the sessions that work for you. We are here to support what works best for you and your baby!

Wed | Jan 10 – May 16 | 9:00 – 10:00 AM | 17 Sessions  
FREE | Liberty Elem. RM 116 | PC201  
Not meeting: Mar 28, Apr 11

## ECFE Baby Shower | Birth-12 mo ♥

Drop in and celebrate the birth of your new baby! Meet other new parents, enjoy activities together, learn about our free baby classes, and receive a complimentary gift. Free sibling care upon request.

Wed | Apr 25 | 9:00 – 10:00 AM | 1 Session  
FREE | Liberty Elem. RM 115 | PC202

## Breastfeeding Basics for Moms & Dads ♥

This FREE class is designed for pregnant and postpartum women and their partners. The class will discuss benefits of breastfeeding, risks of formula feeding, how to breastfeed, initial challenges, milk supply, going back to work, storing breastmilk, breast pumps, weaning and more. **Registration is required.** Call 763-262-3233 to register.

Tue | Feb 6 | 9:30 – 11:30 AM | FREE | Liberty Elem. RM 130 | Register by Feb 2

Thu | Mar 20 | 1:00 – 3:00 PM | FREE | Liberty Elem. RM 114 | Register by Mar 16

Resources Provided by:



## 0-3 Play With Me | Birth-36 mo

This will be your special time to experience uninterrupted play with your snuggler, squiggler or scamper through songs, puppets, musical instruments and other fun activities in our bright and safe classroom. Parenting questions are addressed while children play in the room.

Thu | Jan 11 – May 17 | 9:00 – 10:30 PM | 14 Sessions  
\$42 | Liberty Elem. RM 115 | PC203  
Not meeting: Mar 1, 29, Apr 12, May 3

**NOW  
FREE!**

## SIBLING CARE

Looking to spend quality one-on-one time with a child? Let your other child(ren) come play with us! Just let us know you'll need Sibling Care when registering!

## Wonderful Ones & Twos | 12-36 mo ♥

Crawling, walking, tumbling and toddling. Your little one is growing up and changing into an adventurous toddler. Our early childhood classroom is the perfect safe place to play and explore! Families will enjoy fun, engaging activities geared toward enhancing each squiggler and scamper's development. Circle time will include singing, stories, and parent discussion. Take a break to come play!

Tue | Jan 9 – May 15 | 9:00 – 10:30 AM | 16 Sessions  
\$72 | Liberty Elem. RM 115 | PC205-1  
Not meeting: Feb 20, Mar 27, Apr 10

Fri | Jan 12 – May 18 | 10:45 AM – 12:15 PM  
15 Sessions | \$68 | Liberty Elem. RM 115 | PC205-2  
Not meeting: Mar 2, 30, Apr 13, May 4

## Tremendous Twos & Threes | 2-3 yr ✿

Your 2 or 3 year old is experiencing new milestones and developing new skills every day. What an exciting time! You and your child will meet new friends while enjoying fun activities and circle time in the early childhood classroom. During a separate parent time, adults meet in the parent ed room. Discussions focus on the wonders and challenges of parenting active scampers and stompers as they navigate the bridge between the toddler years and the preschool years.

Mon | Jan 8 – May 21 | 10:45 AM – 12:15 PM  
15 Sessions | \$105 | Liberty Elem. RM 115 | PC206  
Not meeting: Jan 15, 29, Feb 19, Mar 5, Apr 2

## ECFE & Me!

ECFE & Me is a "personalized visiting" program that comes to you! Struggling with bedtime routines? Looking for new ideas for potty training? Or maybe you have other questions about your child... We can help! Families can choose to meet in their own home, a public place, or one-on-one at our ECFE center. Visits can provide ideas for creative, hands-on, age-appropriate activities, as well as time to discuss questions you have about your child. Information and ideas on child development, parenting and community resources are included.

## Big Lake ECFE is on Facebook!



Get in the loop...  
join our group!

<http://bit.ly/BigLakeECFE>



## Baby & Me!

Baby & Me visits are part of our ECFE & Me "personalized visiting" program. Baby & Me visits are for families with a new baby. An ECFE representative will come to your home with information on classes, resources in the community, and free gift! An introduction into baby massage can also be included in this visit upon request.

Call the ECFE office at 763 262-3233 if interested in more information. There is no fee for ECFE & Me or Baby & Me visits.





# FREE ECFE BREASTFEEDING CLASSES

## *Breastfeeding Basics for Moms & Dads*

This class is designed for pregnant women, postpartum women, and their significant others. The class will discuss the benefits of breastfeeding, the risks of formula feeding, how to breastfeed, initial challenges, milk supply, going back to work, storing breastmilk, breast pump information, resources, and more.

\*Please pre-register by phone.



## 2018

Big Lake  
Liberty Elementary  
17901 205<sup>th</sup> Ave  
763-262-3233

February 6, 2018  
9:30-11:30 am  
Room 130  
Pre-register by  
February 1, 2018

March 20, 2018  
1:00-3:00 pm  
Room 114  
Pre-register by  
March 15, 2018

Supported by the Statewide Health  
Improvement Partnership,  
Minnesota Department of Health



# Rise & SHINE Family Fun Time!

**Saturday, March 10  
10-11:30 AM**

Join us in the GYM at Liberty Elementary for a morning filled with fun, active, creative playtime! Come Jump, Ride, Run, Climb, Wiggle, Dance, and PLAY!

This is a **FREE** event for children 0-5 years old and their families.

A healthy snack will be provided!

Questions? Call 763-262-3233



# ECFE | Mixed Ages



**Fabulous 3s, 4s and 5s | 3-5 yr ❀**  
This ECFE class will provide opportunities for your preschool aged child to practice important social and emotional skills. In the parent ed room you can connect with other parents and discuss ways to enhance and support your child's learning.

Fri | Jan 12 – May 18 | 9:00 AM – 10:30 AM  
15 Sessions | \$105 | Liberty Elem. RM 115 | PC208  
Not meeting: Mar 2, 30, Apr 13, May 4

**Family Fun For Everyone | Birth-5 yr ❀**  
Come enjoy special time with your child exploring and playing in our classroom. During parent discussion share, laugh, learn and find support in the joys and challenges of everyday life with busy snugglers, squiggles, scampers, stompers and scooters!

Mon | Jan 8 – May 21 | 9:00 – 10:30 AM | 15 Sessions  
\$105 | Liberty Elem. RM 115 | PC207-1  
Not meeting: Jan 15, 29, Feb 19, Mar 5, Apr 2

Thu | Jan 11 – May 17 | 10:45 AM – 12:15 PM  
14 Sessions | \$98 | Liberty Elem. RM 115 | PC207-2  
Not meeting: Mar 1, 29, Apr 12, May 3

**0-5 Play With Me | Birth-5 yr**  
We know evenings can be hectic... So feel free to join us at your convenience for some special one-on-one time with your child. Come relax and play! We will have the room ready with lots of fun hands-on activities for all the kids! Parenting questions and resources will be shared with parents while the children play. Come when you can and if you need to leave early to get a tired child home that is no problem.

Wed | Jan 10 – May 16 | 5:30 – 7:00 PM | 17 Sessions  
\$68 | Liberty Elem. RM 115 | PC204  
Not meeting: Mar 28, Apr 11

**Stepping Into Preschool | 2.5-4 yr ❀**  
Help your child take his or her next step into preschool! In the early childhood classroom, lessons will focus on:

- social emotional development
- physical development
- pre-reading, pre-writing and language skills.

Parents and children will attend together; however, separation time will be based on the needs of the class and will grow as the children become more comfortable. The goal will be to have a fully separating class when kids are ready, with parents meeting in the parent ed room during class time. This class is available to children who were two years old or older on March 1st, 2017 and are currently not kindergarten-age eligible.

Wed | Jan 10 – May 16 | 10:15 AM – 12:15 PM  
17 Sessions | \$119 | Liberty Elem. RM 115 | PC209  
Not meeting: Mar 28, Apr 11



**Drop In Play – Move & Learn | Birth-5 yr**  
Calling all snugglers, squiggles, stompers, scooters and skedaddlers! Run, jump, climb, sing, dance, explore, discover, create, and learn in our classroom! Witness first hand how “the BODY teaches the BRAIN to THINK!” Resources will be shared with families about the importance of active play and how it is essential to child development. Purchase a punch card in EC office.

Wed | Jan 10 – May 16 | 9:00 – 10:00 AM  
\$2/child/session | Liberty Elem. RM 115 | PC211  
Not meeting: Mar 28, Apr 11



**ECFE & Me @ the Library | Birth-5 yr**  
Come enjoy circle time:

- We will sing songs
- We will do movement activities
- We will read a different children's book each month

Then we will expand on that book by offering activities and games for parents and children to do together! The Library will set up a special shelf for us with the books we read and additional resources. That way you can check them out, so you can “take the learning home!”

Tue | Feb 6, Mar 6, Apr 3, May 1 | 11:15 AM – 12:15 PM  
4 Sessions | FREE | Big Lake GRR Library PC210

## I Have A Little Turtle

I have a little turtle,  
his name is Tiny Tim

I put him in the bathtub,  
to see if he could swim

He drank up all the water,  
he ate up all the soap

He woke up in the morning,  
with a bubble in his throat

Bubble X 12  
**POP!**

Here's a song we love to sing in ECFE classes!  
Come check out a class to hear the rhythm!

**Make a little turtle with hand**

**Pretend swim with arms**

**Make drinking noises**  
“Num, Num” Pretend to eat soap

**Tap throat & make it sound like you have a bubble in throat**

**Make circle with hands and move left and right, then bring hands together to POP it!**



# ECFE | Special Events

## Frozen Fun | OPEN HOUSE

Brrr! The weather outside might be frightful... but inside we have lots of FROZEN FUN activities planned! Check out our early childhood classrooms, Parent Ed room and Lending Library. Meet our early childhood staff, plus take a peek at our large motor room! Activities will be set up in all the classrooms so you can get a sample of the many exciting classes we will be offering this winter and spring. Come join us and meet new friends!

Sat | Jan 6 | 10:00 AM – 12:00 PM | FREE | Liberty Elem. Pod 110

## Sweetheart Ball | Birth-5 yr + families

Dance! Dance! Dance the night away! Time to have fun getting dressed up in your fancy attire; however, not required. We will provide family-friendly, age-appropriate music for our entertainment as we have a great time shaking our sillies out! Pizza, popcorn and more will be available for purchase. We will have a photo booth and face painting. Free will donations accepted at the door. All proceeds to benefit our Big Lake Early Childhood programs. All Liberty families are welcome too!



Fri | Feb 9 | 6:00 – 8:00 PM | FREE | Liberty Elem. Cafeteria/Gym

## Rise & Shine Family Fun Time | Birth-5 yr + families

Join us for this Spring Open House event focused on active learning, moving, and fitness! Just as children need proper nutrition to be healthy, they also need a balanced diet of active play to grow and learn. We will have the gym setup with exciting activities designed to help get our little ones moving and grooving. All learning begins with the body and is connected to body movement. The whole family will engage in multi-sensory activities that will be fun and interactive. We will also enjoy preparing and eating a healthy snack together. Dress to move and be ready to wiggle and giggle your way through the morning in the big gym.

Sat | Mar 10 | 10:00 AM – 12:00 PM | FREE | Liberty Elem. Gym

## Math Mania | Birth-5 yr + families

Come and join us in the ECFE pod for a night all about numbers! We will work on number recognition and counting through fun games, songs and stories. Families will also make their own number games to take home. Registration required.

Fri | April 13 | 5:30 – 7:30 PM | 1 session  
\$10/family | Liberty Elem. Pod 110 | SE203

## CHILDCARE PROVIDERS

Big Lake Schools' **Early Childhood Family Education Program (ECFE)** wants to connect with you to help support and encourage you in your role as a child daycare provider! We have two options for providers to help meet your individual needs:

### Provider One-On-One Connections

We are here to partner with you! As part of our ECFE & Me program, you can request a visit from one of our parent educators. The parent educator can meet with you in your home, at school, over the phone, or via email. Our staff can connect with you about topics or questions you have pertaining to child development, challenging behaviors, social emotional issues, health and nutrition and more. There is no fee for "Provider One-On-One Connections" visits.

### ECFE Come Play with Me (Childcare Visit)

ECFE teachers are available to visit your childcare home monthly (or on a schedule that works best for you). We will provide a storytime followed by fun, engaging, hands-on activities for the children in your care, with your involvement. In addition, we will provide handouts for you to share with your families about the activities we presented and how they support child development and learning. This is a great opportunity to get connected to our program and be informed of all school and community activities that may pertain to you as a childcare provider! Cost: \$8 per visit

Visit [www.biglakeschools.org/ecfe](http://www.biglakeschools.org/ecfe) to learn more about our program, class offerings, and to register for classes. Questions? Call 763.262.3233 or email [earlychildhood@biglakeschools.org](mailto:earlychildhood@biglakeschools.org)

EARLY CHILDHOOD  
**ECFE**  
FAMILY EDUCATION  
Big Lake Schools

A FREE  
EVENT

**FROZEN FUN  
OPEN HOUSE**

Saturday, January 6, 2018 ~ 10am- 12pm

Healthy  
Snacks

Children  
Birth-5  
And their  
family

Ice  
Activities

Snow  
Sculptures

Fun  
&  
Friends

Liberty  
Elementary

17901 205th Ave.  
Big Lake, MN  
55309

[www.biglake.k12.mn.us/ecfe](http://www.biglake.k12.mn.us/ecfe)



# Early Childhood Screening

### Is Your Child 3?

The early childhood years from birth to the start of kindergarten are an important time of rapid learning and growth. Early Childhood Screening is a quick and simple check of how your child is growing and developing. Between the ages of 3 and 4, screening can detect possible health or learning concerns, so that children can get help before they start school.

### Early Childhood Screening covers:

- Immunization records
- Hearing and vision
- Large and small muscles
- Height and weight
- Thinking, language and communication
- Social and emotional development

### Who needs to be screened?

All children living in the Big Lake School District who are **3-5 years old and are not currently enrolled in kindergarten. You will have to submit screening information for kindergarten entrance.** All of the information from your child’s Early Childhood Screening is important to his/her school success. After the screening, you will know how your child is growing, developing and learning.

### Make an appointment online:

Screenings are done by appointment only. Go online at [biglakeschools.org/ECS](http://biglakeschools.org/ECS) to make an appointment for your child today!

### Screening Dates

Mar 1, 2; May 3, 4

### Screening Times

Thursdays: 8 AM-12:30 PM & 3:30 PM-6 PM  
Fridays: 8 AM-12:30 PM

### Location:

Liberty Elementary School

### What if I feel like my child isn’t ready?

Screening isn’t about “being ready” for anything! It is just a snapshot in time that looks at where your child is physically, emotionally and mentally.

### Shouldn’t I wait until my child is closer to kindergarten entrance age?

No, this screening has nothing to do with kindergarten entrance other than it needs to be completed before a child enters kindergarten. It is best to have your child screened right when they turn three years old so that if any needs are discovered they can have two full years to work on them before entering kindergarten.

### What if my child fails the “test?”

Test? This isn’t a test. There is no passing or failing grade given. It’s just a snapshot in time measuring where they are at in various areas.

### Refer a child to:



If you have concerns about your child’s development, talk to your health care provider, or call Help Me Grow at 1-866-693-GROW(4769).

Someone will assist you in arranging a free screening or evaluation to determine if your child is eligible for Help Me Grow: Early Intervention Services.

Early childhood specialists will work with eligible children and families to plan the services and support they need.

Visit: <http://helpmegrowmn.org>

# Early Childhood | Resources

### Sherburne County Kids Clinic

Kids Clinic provides immunizations for children from birth – 20 years old whose parents are either underinsured or uninsured.

Kids Clinic is open Tuesdays 9 AM – 4:30 PM. Please call for an appointment at 763-765-4000.

### Car Seat Distribution Classes

Are you expecting a baby? Is your infant growing out of their infant carrier seat? Does your 4-8 year old need a booster seat? Attend a 90 minute class to receive a new child safety seat and receive instruction on proper use and installation.

Distribution classes are scheduled once monthly.

Call 1-800-433-5237 or 763-765-4000 to sign-up for the next class!



### “Follow Along Program”

For infants and children up to 48 months of age

Babies and young children grow and learn at their own rate. The Follow Along Program can help you know if your child is playing, talking, growing, moving, and behaving similar to other children of the same age. Some children may need special help to grow up healthy and learn skills such as sitting, walking, or talking. The this program can help you know if this is true for your child.

WHAT IS THE FOLLOW ALONG PROGRAM?

- A good way to learn about your child’s health and development.
- A fun way to get ideas about “what to teach” and “at what age” to teach it.
- A simple way to ask questions about how your child is hearing, moving, seeing, playing, talking, learning, growing, and acting.
- An easy way to find out about other services you may want for your child.

HOW DOES THE PROGRAM WORK?

- A professional, most often a nurse, may visit with you to tell you more about the program and find out more about your child.
- And you will be asked to sign a permission form.
- Questionnaires are mailed to you when your child reaches different ages such as 4, 8, 12, 16, 20, 24, 30, and 36 months old. Each questionnaire asks how your child is growing, playing, talking, moving, and acting.
- Sheets with fun activities for you to do with your child or other age appropriate items are also sent
- The results of the questionnaires will be shared with you. If there are any concerns, a nurse or other professional from the Follow Along program will get in touch with you. Together, you can talk about choices for further evaluation or early help services.
- After your child is 36 months old, you will get information about the next step, Early Childhood Screening.

IS THERE A COST?

No. There is no cost to you.

HOW DO I SIGN UP?

Just call Sherburne County Health and Human Services: 763-765-4000 or 1-800-433-5239

The Follow Along Program may make the difference for your child!

### Reach-Up Inc.



#### Head Start

3-5 years old  
Kindergarten Readiness

#### Early Head Start

Prenatal-2 years old  
Child development activities

Call for more info!  
(320) 253-8110  
or toll free  
1-877-848-4912

Most programs are provided at NO COST to families who qualify and live in Benton, Sherburne, or Stearns County!



Staff

**Early Childhood Coordinator**  
Kelly Kazeck | k.kazeck@biglakeschools.org

**Program Secretary**  
Jeanne Freichels | j.freichels@biglakeschools.org

**ECFE Teaching Staff**  
Molly Ripp | m.ripp@biglakeschools.org  
Sarah Fritsch | s.fritsch@biglakeschools.org

Contact ECFE: 763.262.3233 | www.biglakece.com

ECFE Specific Policies

**Payment**  
Class fees are per family, unless otherwise stated, and are due at registration. Payments can be made in installments, if necessary.

**Sliding Fee Scale**  
No one will be turned away because of an inability to pay for classes. Sliding Fee Scale is below.

**Immunizations Required**  
Minnesota law requires that all children be immunized before entering school, including ECFE and Little Learners Preschool classes. **Up-to-date immunizations must be submitted to ECFE before your child attends classes.** Please enclose a copy of your child’s record with your registration.

**Class Location**  
All ECFE classes are held at Liberty Elementary School in the early childhood pods.

**Sibling Childcare Available**  
Big Lake ECFE offers child care for siblings while you are spending quality time with a child in an ECFE class. Our sibling care room is equipped with toys and materials for all ages. Please indicate sibling care is needed when registering-advance notice is required.

NOW FREE!

2017-2018 ECFE Sliding Fee Scale			
No one is turned away due to an inability to pay!			
Household Size	Annual Household Gross Income		
2	Under \$21,112	Under \$25,578	Under \$30,044
3	\$26,546	\$32,162	\$37,777
4	\$31,980	\$38,745	\$45,510
5	\$37,414	\$45,329	\$53,243
6	\$42,848	\$51,912	\$60,976
7	\$48,282	\$58,496	\$68,709
8	\$53,716	\$65,079	\$76,442
For each additional person add:	\$5,434	\$6,584	\$7,733
You Pay:	NO FEE	50% Fee	75% Fee

Class Calendar:

Monday	Tuesday	Wednesday	Thursday	Friday
9-10:30 AM Family Fun For Everyone ♣	9-10:30 AM Wonderful Ones & Twos ♥	9-10 AM Drop-in Play: Move & Learn ♥	9-10:30 AM 0-3 Play w/Me ♥	9 AM-10:30 AM Fabulous 3s, 4s & 5s ♣
10:45 AM-12:15 PM Tremendous Twos & Threes ♣	11:15 AM-12:15 PM ECFE & Me @ The Library (Starting in Feb. meets 1st Tue of month)♥	9-10 AM Baby Steps ♥	10:45 AM-12:15 PM Family Fun for Everyone ♣	10:45 AM -12:15 PM Wonderful Ones & Twos ♥
♥ Non-Separating Classes <i>(Parents and children remain together for these classes)</i>  ♣ Separating Classes <i>(Parent discussion group follows parent-child time)</i>		10:15 AM-12:15 PM Stepping into Preschool ♣		
		5:30-7:00 PM 0-5 Play w/ Me ♥		

ECFE Special Events & One-time Classes:

<b>Frozen Fun Open House</b> Sat   Jan 6   10 AM - 12 PM	<b>Rise &amp; Shine Family Fun Time</b> Sat   Mar 10   10 AM - 12 PM
<b>Sweetheart Ball</b> Fri   Feb 9   6 - 8 PM	<b>Math Mania</b> Fri   Apr 13   5:30 - 7:30 PM
GET MORE DETAILS ON THESE FUN EVENTS ON THE SPECIAL EVENTS PAGE!	

\$5

COUPON

\$5

\$5 off any Winter 2018 ECFE class

One coupon per family

Families new to ECFE only

\$5



# Preschool | Little Learners

## Here's a Little Bit About Us

Little Learners is a Big Lake Schools preschool program that focuses on helping young students acquire the skills and attitudes necessary to begin their journey as lifelong learners! Our licensed teachers carefully plan lessons using research-based curriculum and teaching strategies that meet the individual learning needs of each child. Children discover the joy of learning and develop the knowledge and skills needed to successfully transition into kindergarten.

## Our Teachers are Amazing!

Little Learners teachers are out-of-this-world amazing! Not only are they licensed, highly educated, and specially trained in early childhood, but they are some of the most warm and friendly people you will ever meet! Why wouldn't you choose Little Learners for your little learner?

## Our Curriculum is Top-notch!

Teachers use The Creative Curriculum® for Preschool in all preschool classrooms. This comprehensive research-based curriculum features exploration and discovery as a way of learning. Students will build confidence, creativity and critical thinking skills by engaging in hands-on, project-based investigations. They will make and test hypotheses, develop skills for using technology, and explore the world and people in it. All while having fun and being active!

## Children's Individual Needs are Our Focus!

It is our goal to create an environment and program where a child's natural desire to learn is stimulated through meaningful, developmentally-appropriate, and playful learning experiences that meet the individual needs of each child. Individual growth is achieved through daily activities including outdoor play, nutritional snacks, teacher-directed small and large group activities, and child-directed time in learning centers.

## We're a Parent Aware Rated Program!

Our program is rated with the Parent Aware highest rating of four stars! A four-star rating means a program excels at using practices that best prepare children for kindergarten.

Plan Ahead!  
2018-19 Registration  
Begins March 19



## Who can attend?

Little Learners is open to potty-trained 3, 4 & 5 year olds (age 3 on or before September 1st of entering school year)

## What if I can't afford it?

No problem! We have many government-based and locally-funded scholarships available for families in varying financial positions - whether long-term or temporary. Give us a call and we will talk through the options with you!

## Do you offer before and/or after preschool childcare?

Yes! Wrap around childcare is available through Hive Time.

## How do I register?

Visit [www.biglakece.com](http://www.biglakece.com) to register online or call 763.262.3233.

## Where can I get more information?

Additional information including what a typical day in a preschool class looks like can be found on our Community Education website at [www.biglakece.com](http://www.biglakece.com) - hover over Early Education.



## Do you need care for your child before or after preschool?

We offer a wrap-around childcare program for children who are enrolled in Little Learners Preschool called Hive Time.

## What is Hive Time?

Hive Time is a special place for children who need to come to school before preschool or after preschool for childcare. Hive Time is an extension of the Little Learners Preschool program. Children will be welcomed into the blue hive and/or the gold hive depending on where they are at in the preschool program. Our friendly and caring Hive Time caregivers will be supervising the hive rooms.

## What hours can my child attend?

Hive Time is open from 6:00 a.m. to 6:00 p.m. Hive Time is also available for early release and non-preschool days (registration required).

## What is the cost?

Half Day: \$18/day (after AM class or before PM class)

Full Day: \$28/day

Child care financial assistance information and/or scholarship applications are available.

Call 763-262-3233 for information.

## What about summer care?

Registration for summer Hive Time begins March 19.

To register, or for the most up-to-date rates, visit [www.biglakece.com](http://www.biglakece.com) or call 763-262-3233.







14th Annual  
**Learn & Grow  
Garden Expo**

**Saturday, March 24th, 2018**  
**8:30 a.m. - 3:00 p.m.**  
**Big Lake High School**



**Keynote Speakers:**  
**Julie Schroer & Jody Ramsey**  
Plus, nine informative speakers, variety of "Make & Take" sessions, and Panera Bread lunch!

**Register Online in Advance:** *Deadline - March 16th*  
\$30 + \$5/Make 'n Take Session  
[sherburnecountymastergardeners.org](http://sherburnecountymastergardeners.org)  
**Register at the Door:**  
\$35 + \$5/Make 'n Take Session

**Open to Public:** Silent auction, 20+ vendor booths, door prizes & our brand new MG cookbook offer!

**Questions?**  
Contact the Sherburne County Extension Office at (763) 765-3075

Listed below are Big Lake Area Youth Sports Associations. Big Lake Community Education does not have any affiliation with these organizations. Please contact them directly for registration questions.

**Becker – Big Lake Youth Hockey**  
[www.beckerbiglakehockey.com](http://www.beckerbiglakehockey.com)

**Big Lake Baseball Association**  
[www.biglakebaseball.com](http://www.biglakebaseball.com)  
[www.facebook.com/biglakebaseball](https://www.facebook.com/biglakebaseball)  
In-house & travel

**Big Lake Fastpitch Association**  
[www.biglakefastpitch.com](http://www.biglakefastpitch.com)  
[www.facebook.com/biglakefastpitch](https://www.facebook.com/biglakefastpitch)  
In-house, local league & travel

**Big Lake JO Volleyball**  
[www.biglakejo.weebly.com](http://www.biglakejo.weebly.com)  
Travel: Ages 9-17

**Big Lake Lacrosse**  
<http://sports.bluesombrero.com/biglakelax>  
[www.facebook.com/biglakelax](https://www.facebook.com/biglakelax)  
In-house & travel

**Big Lake Youth Basketball Association**  
[www.blyba.com](http://www.blyba.com)  
In-house & travel

**Big Lake Youth Football Association**  
[www.biglakefootball.org](http://www.biglakefootball.org)  
[www.facebook.com/biglakeyouthfootball](https://www.facebook.com/biglakeyouthfootball)  
Flag, local league & travel

**SWARM Wrestling**  
[www.biglakewrestling.org](http://www.biglakewrestling.org)  
<https://www.facebook.com/BigLakeSwarm/>  
In-house & travel

**Tri-County United Soccer Association**  
[www.tricountyunitedsoccer.net](http://www.tricountyunitedsoccer.net)  
In-house & travel

**SEE INDIVIDUAL WEBSITES FOR EXACT  
REGISTRATION AND SEASON DATES**



# Information | Policy

### Registration

**Registration is required.** See registration page for ways to register. By registering, you are confirming your seat in a class – on a first come first service basis. **You do not have to be a Big Lake resident to participate in classes.**

### Confirmations

You are registered for a class once payment has been received. You will receive a confirmation email, or an email letting you know you have been placed on a wait list.

### Payment

Payment is due in full at time of registration. Payments can be made by cash, check or credit card. **Make checks payable to Big Lake Community Education.**

### Scholarships

A limited number of scholarships are available for qualified classes & individuals. Contact Community Ed for eligibility requirements.

### Refunds/Cancellations

Class fees cannot be prorated for any reason. Cancellations made at least 2 days before the first class will be refunded the class fee minus \$5 or 10%, whichever is greater. There will be NO refunds after classes have started or for weather-related closings. If the class is cancelled due to insufficient enrollment, a full refund will be issued. If you paid by cash or check, please allow 2-3 weeks for a refund check.

### Paid Advertisements

Throughout the catalog, paid advertisements can be found. We do not endorse the organization or what it is advertising for.

### Photo/Video

Community Education staff may photograph and/or videotape participants, and use the material for promotional reasons on our website, catalogs, social media channels, and/or by local media outlets without any obligation to provide compensation to those photographed or any obligation to obtain prior consent for use. By registering for any of our classes, you are giving permission for you and/or your child(ren) to be photographed and/or videotaped. If you do not wish for this to occur, please inform us at the time of registration in writing.

### Inclement Weather

When bad weather or emergencies cause cancellation of school activities, Community Education classes will also be cancelled. Make-up classes are not guaranteed. Watch our Facebook page for closings.

### Disclaimer

Every effort has been made to ensure timely accuracy of this publication; however, policies and class offerings do occasionally change. If you have a question about a policy or class, please contact Community Education for the most up-to-date information.

### Class Disclaimer

Fitness and other activity classes can be strenuous and cause injury. By registering, you agree to release Big Lake Schools and its employees of all liability of accidents or injuries incurred during a class by yourself and/or listed participants.

### Non-endorsement

Community Education does not endorse the opinions or business affiliations of the instructors used.

### Pool Shut Downs

Occasionally the pool is shut down due to circumstances that are beyond our control. If only one class is cancelled, there is no make-up class. In the rare situation a second class is cancelled, we make every effort to offer a make-up lesson.

### ECFE Specific Policies:

#### Payment

Class fees are per family, unless otherwise stated, and are due at registration. Payments can be made in multiple installments, if necessary.

#### Sliding Fee Scale

No one will be turned away because of an inability to pay for classes. See the ECFE | Information section for the sliding fee scale.

#### Immunizations Required

Minnesota law requires that all children be immunized before entering school, including ECFE and Little Learners Preschool classes. **Up-to-date immunizations must be submitted to ECFE before your child attends classes.** Please enclose a copy of your child’s record with your registration.

#### Class Location

All ECFE classes are held at Liberty Elementary School.

#### Sibling Childcare Available

Big Lake ECFE offers child care for siblings while you are spending quality time with a child in an ECFE class. Please indicate sibling care is needed when registering. **Sibling Care Rates: FREE**

# Information | How to Register

### Walk-In

Visit us in the Community Education Office in Liberty Elementary School. 17901 205th Avenue Big Lake, MN 55309




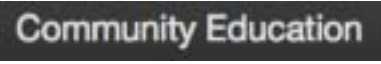
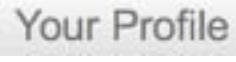
### Call or Email

Call 763.262.2523 to register or email registration information to [ce@biglakeschools.org](mailto:ce@biglakeschools.org). **Credit card payments only!**

### Online - PREFERRED METHOD

Online is the preferred registration option because it is quick, easy and instant! Go to [www.biglakece.com](http://www.biglakece.com), click “Register” and create a new account or sign in to an existing account on our FeePay system. See below for directions on how to create a FeePay account. Be sure to remember your user name and password for future class registrations.

## How to Register Online Using Eleyo - New Users

1. Access the new site by going to: <https://biglake.ce.eleyo.com>
2. Select  (upper, right corner)
3. Fill in the required information and select 
4. Log in using the email address and password you just created. An email will be sent from FeePay™ with a link to verify your account. Click the “Verify your Email Address” button in that email to verify your account.
5. Once logged in, use the  button to add your family members to facilitate upcoming registrations in the system.
6. Once you have finished adding your family members, select the  link in the upper, left corner of the screen and select the  button to verify your family information in the system.
7. Congratulations! You have successfully created a new account on Eleyo.
8. Now just navigate to the class or program you would like to register for and add it to your cart.

If you have any questions or run into any issues while registering, please feel free to contact Community Education at [ce@biglakeschools.org](mailto:ce@biglakeschools.org) or 763.262.2523. We will be happy to assist you!





17901 205th Ave  
Big Lake, MN 55309

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Big Lake MN

**ECFE  
Special Events  
Page 36**

**Look Inside For**

- Adult Trips
- Country Line Dancing
- Pound Fitness
- 2 Dinner Shows
- Youth Arts & Crafts
- Discovering Dinosaurs
- Solar Robots
- Kids Zumba
- Volleyball Development
- ECFE - all ages
- Early Childhood Special Events

**and MORE!**



**Livin' La Vida Lutheran: Looney Lifestyle  
Tips for Livelier Living - See Page 9**